

EAT BETTER,
FEEL BETTER

Family Farmers Market Night

Increasing access to fruits and vegetables in schools



Access to fresh fruits and vegetables is limited in low-income communities, thus compromising individual and community health.

Eat Better, Feel Better sponsors Family Farmers Market Nights in schools to help increase access to produce. Low-income families are connected with neighborhood farmers markets. In addition, families gain an increased awareness of the benefits of eating fresh fruits and vegetables.

- A farmers market is created on-site and families use play money to purchase fresh fruits and vegetables.
- Produce is donated by PCC Natural Markets or purchased through the USDA's Fresh Fruit and Vegetable Program.
- Families leave the event with a bag full of produce after enjoying a fun and healthy evening at school.

Eat Better, Feel Better is a school-based, community partnership that creates healthier school environments through healthy eating and active living.